

**THE MIDLAND MASTER ATHLETE No 229**  
The official publication of the Midland Masters Athletic Club  
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You will see from Tom Morris's article on page 8 that the Annual General Meeting and the relays will take place at Donisthorpe Woodland Park. Details and entry forms will appear in the February newsletter.

Many of you will recall Mick and Elaine Statham when they were Men's and Women's team managers respectively and they will be remembered for their efficient organisation, especially on trips overseas.

They have just returned from a two-month trip abroad. "Where are they now" appears on page 9 and it is hoped that this will be of interest and also will attract similar contributions from members who are no longer actively participating in athletics, but who are, nevertheless, leading interesting lives in other directions.

The Christmas season will soon be upon us – a time of peace and goodwill to all men (and women). Your committee sends good wishes to all our members for a joyful Christmas and a happy 2012.

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**Did you know that .....**

**Many years ago a new game was invented. It was ruled that: Gentlemen Only, Ladies Forbidden' – thus the word 'Golf' Entered the English Language.**

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$$\begin{array}{r} 111,111,111 \times \\ 111,111,111 = 12,345,678,987,654,321 \end{array}$$

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**The first novel ever written on a typewriter? – Tom Sawyer.**

**If you were to spell out numbers, how far would you have to go to find the letter 'A'?  
One thousand**

**In Shakespeare's time, mattresses were secured to the bed frame by ropes. When you pulled on the ropes the mattress tightened, making the bed firmer to sleep on. Hence the phrase – "Good night, sleep tight"**

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### 100 YEAR OLD MARATHON MAN

It took him more than eight hours to cross the finish line in 3,850<sup>th</sup> place, but those unimpressive figures earn Fauja Singh a remarkable record – as the world's oldest marathon runner.

The 100year old from Ilford, east London, completed the race in Toronto more than six hours after the winner, as workers were dismantling the barricades.

His total time of 8.25.18 should make him the Guinness World Record holder once all documentation is verified.

Born in the Punjab on 1 April 1911, Singh was a farmer when he first developed a love for running, but only took it up again 11 years after moving to live with family in the UK following the deaths of his wife and son. He ran his first marathon aged 89 and has since run seven more.

The holder of several records for fastest nonagenarian, he also claimed eight centenarian distance records from 100metres through to 5,000 metres during Sunday's Toronto waterfront marathon. Some had never been attempted by someone that old before.

Though Singh found he 'hit the wall' at 22 miles he soldiered on for another two hours, and even finished ahead of five other competitors.

His coach, Harmander Singh, said: "Just before we came round the final corner, he said that 'achieving this will be like getting married again.' He's absolutely overjoyed, he achieved his life-long wish."

Singh, who attributes his success to ginger curry, cups of tea and 'being happy' is known as the "Turbanned Tornado" – the title of his biography, published last year. He now hopes to take part in the torch relay for the 2012 London Games.

Thanks to "The Guardian" and to Roger Simpson.

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### **MARTIN WILKINSON RAN IN THE BEIJING MARATHON and sends this report.....**

Well, I finished, but only just! I sympathise with Paula Radcliffe! First half was fine, running 7.30 a mile, with a view to speeding up a bit in the second half. Then I just deteriorated from mile 16 onwards. It was a very hot day and I was very dehydrated, also just nothing in my legs. I think the jet lag was not helping as we started at 1 am UK time, and the diet of Chinese food since arrival was not what I am used to. Also not impressed with the chips as they did not use the chips at the start, not that it made any matter in the end but the start was chaotic with no pens.

Very interesting being a minority. People wanted to take a photo with me. Gels are completely new and they thought I was funny carrying gels. Several people were playing loud music as they ran (traditional Chinese music) and very few read my name on my t-shirt to urge me on. The isotonic fluid over here and which was handed out is called "Power Sweat" which hardly entices you to drink it! Oh yes, finding the loos is difficult en route as they are only labelled in Chinese, and perhaps Paula had the same problem.

Final time was 3.39 which is probably my slowest time ever! Walked and only just jogged the last six miles.

Anyway, got the t-shirt, medal (a big one) and certificate. Raised £1.6K for Macmillan too.

Martin Wilkinson

## **The Sneyd 10 Mile Road Race – Christmas Pudding Run**

The organizers of the above race, Sneyd Striders, have very kindly agreed at a late stage to allow us to use their race as our 10 Mile Championships. The event will take place at 10.00 am on Sunday, 11th December 2011. Entries for our Championships MUST be on the following entry form and will INCLUDE entry to the Open Race. Entries going direct to the organizers will NOT qualify for our Championships.

The entry fee is £12.00 for the Open Race plus £2.00 for our Championship. A total of £14.00, please make cheques payable to MMAC. Please read the Race Information reproduced below and particularly the information for the MMAC Championships.

MMAC Medals will be awarded to the first 3 in 5 year age groups from 35 upwards for individuals, male and female. The team event will be in 10 year age groups from 35 upwards, again for male and female. The first 3 in each team will be counted.

**IMPORTANT: If an individual wants to count in a lower age team, this MUST be stated on the entry.**

### **Sneyd Striders Pudding Run Information – Open Race**

1. Please note that we will not be putting on a Fun Run this year.
2. The race starts at 10.00 a.m. Runners should assemble at the start at 09.50 a.m.
3. Changing rooms will be available from 9.00 a.m. in the school. Please do not leave valuables in the changing rooms.
4. A baggage area will be available. This will be clearly signed.
5. Mementos and puddings are presented at the finish. No number, no memento.
6. Refreshments are available prior to and at the end of the race in the School Hall and Lounge Bar.
7. Should conditions prove dangerous i.e. fog, snow or ice, the organisers reserve the right to postpone the event.
8. If you are not fit, do not run. The organisers accept no liability for personal loss, damage or injury during the event.
9. Car parking is available on the school car parks and the tennis courts.
10. The police have asked us to mention that the rules of the Highway Code should be observed and wherever a footpath is available, please use it.
11. There is one drinks station on the course which will be passed twice during the run.
12. RACE PRIZES No runner will be awarded more than one prize. If a runner qualifies for more than one prize, the one of greatest value will be awarded. The committee's decision will be final.

### **MMAC Championship Information (in addition to above)**

1. Race numbers must be collected on the day.
2. Age identifiers must be collected with race number and pinned on BACK of vest.
3. Medals will be awarded to the first 3 in each 5 year age category from 35 upwards both male and female, dependant on entry.
4. Team medals will be awarded (3 to run) in 10 year age categories from 35 upwards both male and female, dependant on entry.
5. For Team event, please declare on ENTRY FORM if you wish to down age.

### **Travel directions to Sneyd School From M6 Junction 10**

Take A454 (signposted Walsall) – Take ring road after 1 mile, signposted A34 Cannock.

Follow the A34 for approximately 2 miles to Bloxwich. At the northern end of the town take the left turning at the traffic lights, signposted Wolverhampton A4124.

Follow the A4124 for approximately 3/4 mile and turn right into Vernon Way which leads to the school. Vernon Way is just before the Motorway Bridge.

**From M6 junction 11**

Take A462 signposted Willenhall. After 1 mile take left turning B4210 (signposted Walsall).

At the first traffic lights (junction with A4124) turn right signposted Wolverhampton.

Follow A4124 for approximately 3/4 mile and turn right into Vernon Way which leads to the school.

Vernon Way is just before the Motorway Bridge.

**From Wolverhampton and West**

Take A4124 signposted Wednesfield and follow through Wednesfield towards Bloxwich and Lichfield.

After passing under motorway bridge (approximately 21/2 miles from Wednesfield), turn right into Vernon Way which leads to the school.

**From Birmingham, Walsall and South**

Follow the A34 through Walsall to Bloxwich. At the northern end of the town take the left turning at the traffic lights signposted Wolverhampton A4124

Follow the A4124 for approximately 3/4 mile and turn right into Vernon Way which leads to the school. Vernon Way is just before the Motorway Bridge.

**From Cannock, Stafford and North**

Follow the A34. After crossing the A5 continue for 4 miles to the junction with the A4124.

Turn right towards Wolverhampton. Follow the A4124 for approximately 3/4 mile and turn right into Vernon Way which leads to the school. Vernon Way is just before the Motorway Bridge.

**MMAC 10 Mile Championships Entry Form**

Full Name:	Sex: m/f	D.O.B.	Age on race day:
Address:			Team Age:
			Post Code:
Telephone No.	Club:		
England Athletics Registration No.	Email:		
<i>I declare that I am medically fit to run and understand that I take part entirely at my own risk and I accept that the organisers of the event will not be held responsible for illness, injury or loss of property that occurs in connection with this event.</i>			
MMAC No.	Signed:	Date:	

ENTRY FEE: £12.00 for Open Race + £2.00 for MMAC Championship. **Total of £14.00**

Cheques payable to MMAC

Entries to: Tom Morris, 391 Chester Road, Castle Bromwich, Birmingham B36 0JH

Closing date for MMAC Entries... 30<sup>th</sup> November 2011. **NO ENTRIES ON THE DAY**

**READERS WRITE .....**

**Graham Heeley (M0542)** sends his best wishes to the committee and to all members for the future. He has not renewed his membership this year but still will officiate for us when needed.

**Peter Wilkinson (M0116)** writes to say that he is still involved with Derby AC coaching a group of youngsters despite having 'dodgy' knees.

**Arthur Keily (M1826)** has recently been in hospital with a broken hip. We all send Arthur our best wishes for a quick recovery.

**Geoff Oliver writes** Sadly I am crocked, I had fears of tendonitis (problems before I started the Leicester Half Marathon) It speedily worsened, so much so that I ran most of the race with a very restricted stride, a flat left foot accompanied by pain. I have been told that it will be at least four weeks before I am walking normally again. Oh! The ignominy of dropping out of a race, but that is what I should have done.

Consequently, I shall miss the other Masters races and the local league races in Leics. Fortunately I did get my more important earlier races done. At Boston, 28 August I was 3<sup>rd</sup> in a very poorly attended 100 kms race in 11 hrs 43 mins. In the John Fraser 10 the following week, I did 78 mins. Which is pleasing because since the age of 53 I have been able to do the 10 miles in the same number of minutes is my age!

On 11 September I did the Nottingham Marathon in 3.49.25, disappointing time but the last miles from Holme Pierrepont to Trent Bridge was against that very stormy wind which was battering the northern areas (I note that the winning time for M75 at World Marathon, Sacramento was 3.50! If you remember, I did 3.40 in the London race. On 17/18 September I finished 13<sup>th</sup> in a good international turnout at Tooting Bec 24 hours track race. I did 103 miles and was 1<sup>st</sup> o/60. Following on with the Leicester Marathon on 9 October, some may say that I should have had a rest instead!

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**MIDLAND MASTERS AC  
COMPETITION VESTS AVAILABLE FROM SUTTON RUNNER**

The MMAC vest has been updated to include the club badge. It is white with red vertical band bearing the club name. This is a must for your kit bag.

The min-mesh vest is £14.95 (plus £2 postage & packing).  
Women's vests to order at the same price.

Members with existing vests can have the new badge put on at the shop for a charge of £2.

Please send your order to: Sutton Runner, 268 Jockey Road, Sutton Coldfield B73 5XL  
(121-355-2901) Telephone first to confirm sizes in stock.

Personal callers welcome.

Shop open: Mon-Sat 9.5.30 pm

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**CHRISTMAS GREETINGS**

**TO ALL**

**MMAC MEMBERS**

# MMAC Road Running Handicap



**Sunday, 5<sup>th</sup> February 2012**  
**John Henry Newman Catholic College, Chelmsley Road**  
**North Solihull, Birmingham B37 5GA**

**Start 11.00 am**

*Registration is from 10.00 am*

*This is a flat footpath course through parkland*

*Those members who have entered the Centurion GP Series **MUST** fill in this form to be registered for the handicap \**

*There are plenty of prizes for all masters age groups, both MMAC and in the Centurion GP*

**First Name:** \_\_\_\_\_

**Surname:** \_\_\_\_\_

**Address:** \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**Email Address:** \_\_\_\_\_

**MMAC No:** \_\_\_\_\_

**DOB:** \_\_\_\_\_

**Age On Day:** \_\_\_\_\_

**UKA Club:** \_\_\_\_\_

**Last Performance**  
**at or near 5 miles:** \_\_\_\_\_

*Entry Fee £6.00\**

*\* Members who have entered the Centurion GP Series pay only £1.00*

*Entries to: The Handicapper, 79 Enville Road, Wall Heath, KINGSWINFORD DY6 0JX*

*Cheques payable to "MMAC"*

*Entries definitely close on the 29<sup>th</sup> January 2011.*

*Forms not fully completed are invalid.*

*Please collect numbers on the day*

**I declare that I am fit to enter the event as chosen above. I understand that I run at my own risk and that the organisers will be in no way held responsible for injury, accident, damage or loss incurred.**

**Signed:** \_\_\_\_\_ **Date:** \_\_\_\_\_

## Secretary's Spot

### Website

The website continues to get a good number of views each day but most only go to the home page. Please take the time to explore the individual pages and sub-pages where there is a wealth of information from our constitution; membership lists to results that are of interest and to entry forms for all our events plus much more. The web address has also now changed to [www.midlandmasters.com](http://www.midlandmasters.com)

The new Clubbz site after the early hiccups is proving its weight in gold! The prime use will be for me to be able to email the majority of members very easily with useful information. Please allow your spam filters to allow access to [clubcontact@clubbz-mail.co.uk](mailto:clubcontact@clubbz-mail.co.uk) Also please look at the main page at <http://midland-masters-ac.clubbz.com> where there is a calendar. I am hoping to make use of this more in the future adding details of our events and meetings.

### Membership Renewals for 2012

Thanks to the 190 or so members who have already renewed their 2012 subs after the reminder in the last Newsletter. This is always a big help to me to avoid a big rush after the 1<sup>st</sup> January. To those on email I have continued to supply with a membership 'card' that can be covered in transparent plastic or laminated. This (hopefully) serves as a reminder of their membership numbers! Any members not on email can claim their 'card' by sending me a stamped addressed envelope.

To help further with the collection of subs, there appears below a standing order bank mandate for paying your subs. Please consider this option when renewing. Just fill out the form, get it back to me with a blank; stamped envelope and noting if there is any change in your membership details and I'll do the rest. Notification of changes of address and email addresses are particularly very important.

In 2011 the number of new members joining increased for the second year running and this is very encouraging indeed.

### Future of MMAC

After my appeal for more help in the last Newsletter, I'm glad to so that we had several offers and we will be talking to these members over the next few months. Of course the vacant positions have to be elected at our AGM, which next year will be held after our relays & walks at Donisthorpe Woodland Park on the 15<sup>th</sup> April.

## BANK MANDATE

Please send to Tom Morris, Membership Secretary, 391 Chester Road, Castle Bromwich, Birmingham B36 0JH

**Please include a stamped envelope.**

The form will be sent on to your Bank

To: \_\_\_\_\_ Sort Code: \_\_\_\_\_  
 Branch Address: \_\_\_\_\_  
 \_\_\_\_\_ Post Code: \_\_\_\_\_

Please pay to Lloyds TSB Bank plc, 248 Stratford Road, Shirley, West Midlands B90 3AE the sum of **£10.00\*** /**£15.00\*** for 1<sup>st</sup> Claim Members (\*delete as applicable) on the 1<sup>st</sup> day of January each year commencing 1<sup>st</sup> January 2012 until cancelled by me, for the credit of **MIDLAND MASTERS ATHLETIC CLUB,**

Please DEBIT my Account Number \_\_\_\_\_ Name : \_\_\_\_\_  
 MMAC Ref No. (Membership No.) \_\_\_\_\_  
 Signature: \_\_\_\_\_ Date: \_\_\_\_\_

If you want to continue using cheques & the renewal form then please see the last copy of the Newsletter or scan the following QR Code



### 1<sup>st</sup> Claim Members

If you belong to a road running club that does not affiliate to England Athletics for track & field but you are keen either to try the track and field events or already do then please consider filling in the "Other Discipline" Form, which will allow you to compete for MMAC first claim for track & field only after the appropriate permission has been given. This has to be done pre-season, so now is the time to initiate the proceedings. Please contact me for a form at [mmac.sec@blueyonder.co.uk](mailto:mmac.sec@blueyonder.co.uk) or at the address on the front page.

### Annual Relays & AGM

As mentioned briefly earlier, our AGM will be held after our relays and a formal notification will appear in the February Newsletter. In the absence of a Road/XC Secretary, a small group consisting of Phil Owen; Mick & Marcia Smedley; Eric Horwill & myself, have been looking at a new venue to hold our annual relays. We decided on the Donisthorpe Woodland Park and details will appear in the next Newsletter and is now on our website. This is a very nice venue and Carvery Sunday Lunches will be available during the afternoon. Please indicate the number required on your entry forms. A referee has also been appointed and a licence applied for, all we need now is your support. Remember, this is a closed event for affiliated club athletes and is open to non MMAC members, so spread the news amongst your fellow club friends.

### New Members

We welcome the following new members who have joined us since the publication of the September Newsletter MMA 228: -

**W0820** Tracy Miles; **W0821** Tracy Ratcliffe; **M3512** Steve Fletcher; **M3513** Andrew Halliday;  
**M3514** Paul Thompson; **M3515** Warren Miles; **M3516** William O'Sullivan; **M3517** Glenn Taylor;  
**M3518** Kevin Monk; **M3519** Tony Mackness; **M3520** Eric Robathan; **M3521** Jonathan Pierce;  
**M3522** David Spencer; **M3523** Robert Kennard; **M3524** Alan Britton; **M3525** Nicholas Hewitt;  
**M3526** Connolly Meagher

*Tom Morris - November 2011*

ERIC HORWILL sends us the following results:

### 1<sup>st</sup> Midland Area Winter League Series 2011 – Walks – 8 October 2011 - Halesowen

5 kilometre			Time	H'cap	Net time
3	Mark Williams M45	Tamworth	26.37	5.00	21.37
9	John Constandinou M35	Birchfield	28.54	10.00	18.54
10	Ann Wheeler W55	Leicester WC	28.54	8.40	20.14
12	Keith Richards M65	Cov. Godiva	31.05	10.30	20.35
14	Glyn Jones M65	" "	31.12	12.50	18.22
17	Julie Bellfield W40	Halesowen	31.57	12.20	19.37
22	Lynn Bellfield W45	" "	33.43	13.50	19.53
24	Karen Davies W50	Birchfield	34.25	14.00	20.25
29	Jill Langford W70	Wol. & Bil.	36.34	15.40	20.54
30	Terry Morris M65	Nuneaton	36.55	16.00	20.55
32	Eric Horwill M75	Dud. & St. H	37.29	17.00	20.29
10 kilometre					
2	Mark Williams M45	Tamworth	54.18	12.00	42.18
6	Ann Wheeler W55	Leicester WC	64.07	19.20	44.47
9	Paul Hayden M50	Nuneaton	66.22	28.00	38.22
10	Karen Davies W50	Birchfield	72.43	30.00	42.43
11	John Constandinou	Birchfield	72.43	22.00	50.43



### WHERE ARE THEY NOW?

We moved to an apartment at the back of Biddulph Grange north of Stoke on Trent in 2004 and really like living here. The Peak District is literally on our doorstep and we run or walk just about every day from home, that is when we are here. There are plenty of different runs and walks for us to do and a twenty minute drive takes us into totally different territory.

Elaine goes to the gym in Congleton at least twice a week, mainly doing classes such as Zumba and Aerobics.

Since finishing competing we have participated in many Long Distance Walkers Association events both locally and in the Lancashire hills as well as further afield. The most notable have been the Anglezarke Amble, 24 miles of bog and moorland from Rivington in February, the Dovedale Dipper in August, 26 miles from Hartington the Ashbourne, the Six Dales, 25 miles from Biggin, the Berwyns Mountain Walk from Lake Vyrnwy to Llangollen, the Bala Challenge and the Round Rotherham 50 miles.

A couple of years ago we did the Hills and Dales (24) and the Nine Edges (20) in one weekend followed three weeks later by the Stanage Sumble (25) and the Chatsworth Challenge (25) in another weekend. These events are almost always open to runners and we will run where we can and walk the rest. We have done many of them with Carolyn and Tony Moore, Elaine is usually in front with Tony and I am further down the pack with Carolyn. You are supplied with a very detailed route description but have to provide your own map. There are usually check points every 5 or 6 miles providing you with food and drink and a chance to call it a day if necessary.

Our long training 'runs' are usually on these lines, running and walking a route from home or a short drive away in the Peak District. I have run/walked a 50 miler from home with Elaine picking me up in Buxton 12 hours later. We are currently working up the distance for the 2012 Anglezarke on 11 February.

These events just suit us for many reasons: they get us out in the hills, they are off road and so repetitive strain injuries of the road and track are less likely, also being only ever so slightly competitive you are not clock watching as even on the same event the conditions are always different from the last time.. The buzz is excellent and they are not expensive. You can have a day out in the hills and be fed on the way for under a tenner. When we are out running Elaine is still always in front and musters back for me every couple of miles or so offering words of encouragement. I can keep up better walking but not if she gets the walking poles in her hands.

We had a go at the THREE PEAKS in 24 hours this year with our son and three other youngsters but had to stop as we all went down with food poisoning from breakfast. We were going really well too, having done Ben Nevis in four hours. We intend to have another go at it in 2012 but will go somewhere else for breakfast.

We spend quite a lot of time away in our motor home on the continent and in the UK. We only book the ferry out when crossing the Channel, using the internet to arrange the return crossing when ready. We use the internet to keep track of the weather and follow the sun.

We are just back from a two month three and a half thousand mile trip through seven countries spending a month island hopping in Croatia. The weather was excellent with only three half days of rain. Last year we had a couple of two month trips to Spain. Our choice of site is always governed by the running/walking possibilities. If its not good enough we move on. We usually stay 3 or 4 nights in each place and on this latest trip we used 24 different sites. Nothing is booked up front so we are free to go where and when we please. Because we travel outside the busy months, we never find a problem getting on sites we want to go to. We take our bikes on the back of the van and do quite a bit of cycling while away. Other countries seem to provide much better cycling facilities than in the UK, especially Italy. Next year is an open book and possibilities are island hopping in Scotland, the Spanish/Portuguese circuit via Santander, Denmark and Sweden or wandering round the French Vineyards.

We have no plans to stop running and a blank day in the diary is till not a complete day though not the disaster it used to be.

# Midland Masters AC



## 6k & 8k Cross Country Championships

Organising Club – Droitwich AC

*Sunday, 22<sup>nd</sup> January 2012*

To be held from Droitwich Spa High School, Briar Mill,

Droitwich Spa, Worcs. WR9 0AA

**Start 11.30 am**

Entry Fee £5.00

**NO ENTRIES ON THE DAY**

**Team Awards – 8k:** M35-44 (4 to count), M45-54; M55-64 (3 to count);

**6k:** M65+; W35-44; W45-54; W55+ (3 to count)

**Age on day**

Send your completed entry form enclosing entry fee and an "A5/C5" (162mm x 229mm) sae  
with a 1<sup>st</sup> Class Stamp to:-

*Race Secretary, CC Championships, Rainbow Cottage,  
15 Meadow Lane, Alvechurch B45 7LH*

**Cheques payable to MMAC CLOSING DATE: Monday 16<sup>th</sup> January 2012**



MMAC XC Championships 2012



**Please complete in BLOCK CAPITALS**

Surname: \_\_\_\_\_ Day Time Tel No: \_\_\_\_\_

First Names: \_\_\_\_\_ Affiliated Club: \_\_\_\_\_

Address: \_\_\_\_\_ MMAC No: \_\_\_\_\_

\_\_\_\_\_ Male/Female: \_\_\_\_\_

DOB: \_\_\_\_\_

Post Code: \_\_\_\_\_ Age on Day: \_\_\_\_\_

Email Address: \_\_\_\_\_ Team Down Age: \_\_\_\_\_

Fee Enclosed: **£** \_\_\_\_\_

**Please ensure all details are completed – incomplete forms will be invalid.**

I declare that to the best of my knowledge I am medically fit to compete and that I enter at my own risk and agree that the organisers shall not be liable for any accident, injury, loss or damage resulting from my participation. I agree to abide by UKA Rules.

Signature: \_\_\_\_\_

Date: \_\_\_\_\_